



# Michigan DPP Community of Practice Call

10/10/2024



# Welcome!



# Icebreaker



In chat or out loud:

Which fall flavor combo do you like more: apples and cinnamon, pumpkin spice, or something else?

Icebreaker<sub>(2)</sub>



In chat or out loud:

Any activities planned for  
Diabetes Awareness Month in  
November?

# Community of Practice (COP) Purpose

The COP is meant for lifestyle coaches, program coordinators, and others interested in the Diabetes Prevention Program (DPP) offerings in Michigan.

Monthly calls will begin with a presentation and then offer an open Q&A session. Barring unforeseen circumstances, at least one representative from the MDHHS-Diabetes & Kidney Unit will attend to help answer questions and/or work to get them answered after the meeting.



## About the Community of Practice

- Optional.
- Direction guided by Planning Committee (open to all).
- Format:
  - Similar to national CDC DPRP Office Hours (3<sup>rd</sup> Th of the month at 2p).  
<https://cdc.zoomgov.com/j/1610691757?pwd=L0VGS0dnTEZ3am5obndYdGNyTUfVUT09>
  - Starts with presentation and then opens for Q&A.
  - Informal.

An aerial photograph of a river flowing through a dense forest with vibrant autumn foliage in shades of orange, yellow, and red. The river features a small waterfall with white water cascading over a rocky ledge. The background is a solid blue color.

## Community of Practice Call Schedule

- Calls held monthly and alternate between:
  - 2nd Monday of the month at 3p.
  - 2nd Thursday of the month at 1p.
- Zoom or call-in.
- 50 minutes long.
- Presentation part of the call can be recorded but discussion will not be.
- Quarterly Medicare + Medicaid calls offer in-depth discussion specific to these topics; next call 12/5 @ 2p (email [DavenportA1@Michigan.gov](mailto:DavenportA1@Michigan.gov)).

## Contact Sheet



- After each call, Adrienne will circulate a contact sheet.
- If you wish to be added to the contact sheet or edit your information, email Adrienne ([DavenportA1@Michigan.gov](mailto:DavenportA1@Michigan.gov)).
- You can use to call on each other without the State getting involved!



An aerial photograph of a river flowing through a dense forest with vibrant autumn foliage in shades of orange, yellow, and red. The river features a small waterfall with white foam as it cascades down a rocky ledge. The sky is not visible, focusing the view on the natural landscape.

## What We'll Cover

- November = Diabetes Awareness Month
- March 2025 CHW diabetes/prediabetes micro-credential
- 2024 MI DPP needs survey
- Member Sharing
  - DPPs willing to share strengths and fun highlights
  - Showcasing of DPP tech tools
- Open Q&A

November is  
Diabetes  
Awareness Month



## MDHHS Diabetes Prevention & Control Program

- Finalizing Proclamation from Governor
- Will send optional promotional messages, images mid-October via DPN listserv and separate email (d/t organization firewalls)
- Will share national effort promotions – expect late October / early November
- Not planning on official press release or Diabetes Partners in Action Coalition meeting this year
- Happy to share any communications that you're proud of with the bigger group



## Upcoming Meetings

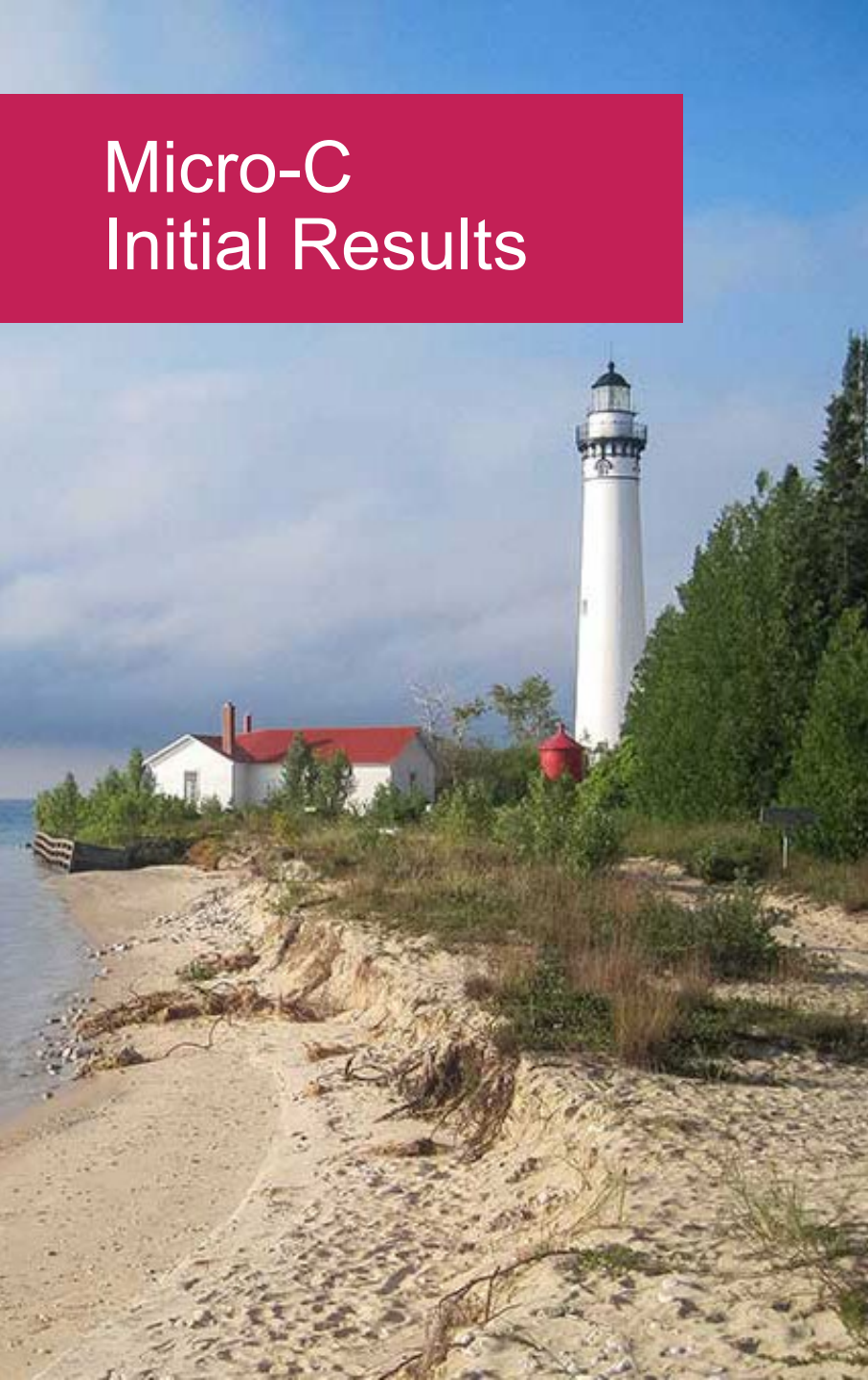
- 11/7 → UP Diabetes Summit (in-person) – Harris, MI
- 11/21 → Fall MI Diabetes Prevention Network Meeting (in-person) – Downtown Grand Rapids, MI
- 12/5 → Medicaid/Medicare DPP quarterly COP call
- 12/12 → Next MI DPP COP call
- Spring → Virtual MI Diabetes Prevention Network Meeting
- Any you'd like to add?

March 2025  
Micro-C for 15  
CHWs<sup>(1)</sup>



- In March 2025, MDHHS-Diabetes and MICHWA are planning to launch their second cohort of the CHW prediabetes and diabetes micro-credential
- Who is eligible:
  - CHWs
  - Works with people who have diabetes or prediabetes in some capacity
  - Ideally have a connection to a DPP or DSMES program
  - Can either already be a lifestyle coach or get coach certification during training (CEUs prorated)

## Micro-C Initial Results



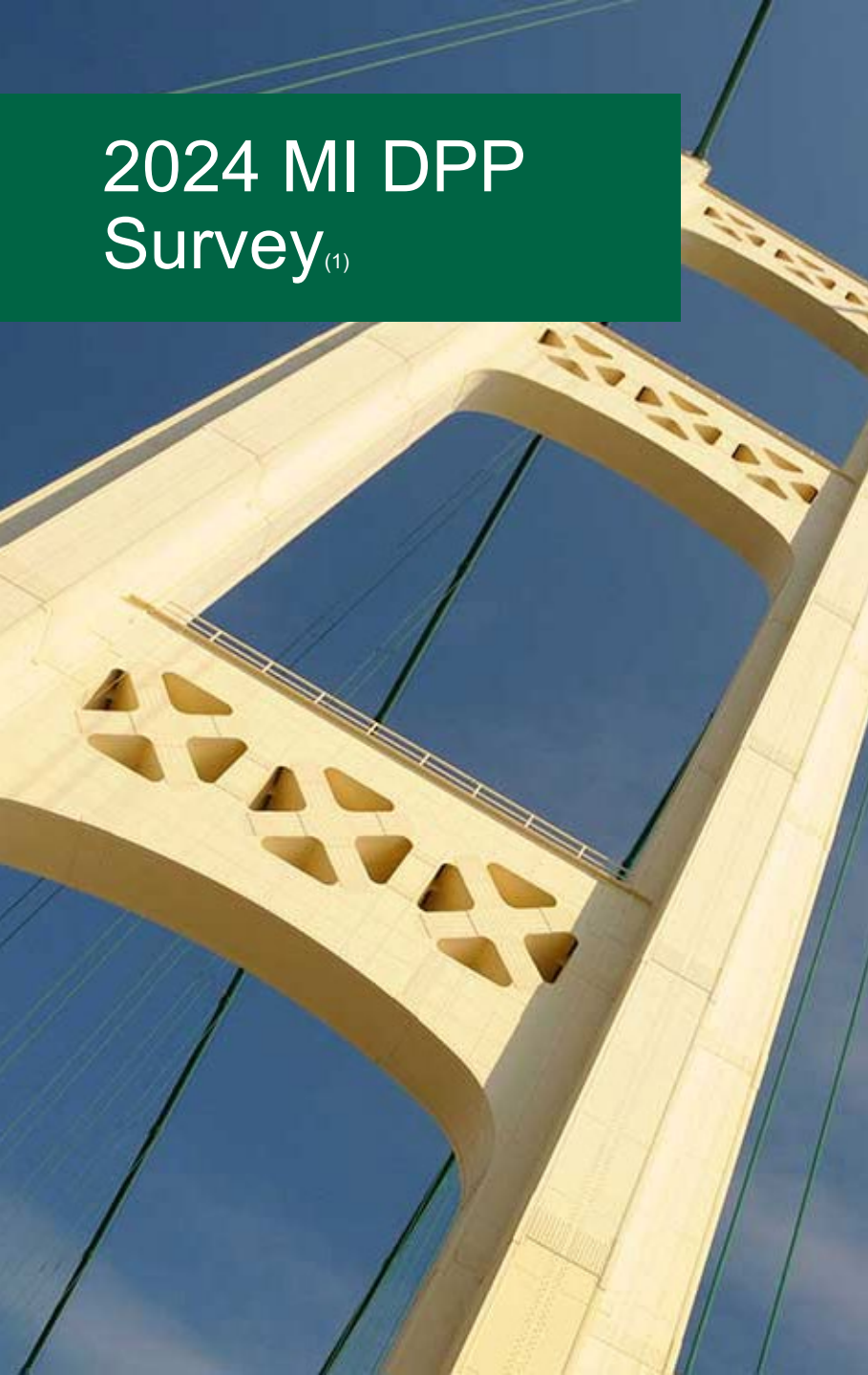
- Cohort 1 – 9 CHWs graduated June 2024
- Exciting results
  - 54% increase in confidence in knowledge of what prediabetes is (ending in 93% confident)
  - 52% increase in confidence in knowledge of what diabetes is (ending in 86% confident)
  - Boosted confidence in ability to help clients manage their conditions in a non-clinical way increased 45% for prediabetes and 52% for diabetes
- Adrienne has a results 1-pager and PowerPoint available

March 2025

Micro-C for 15 CHWs<sub>(2)</sub>

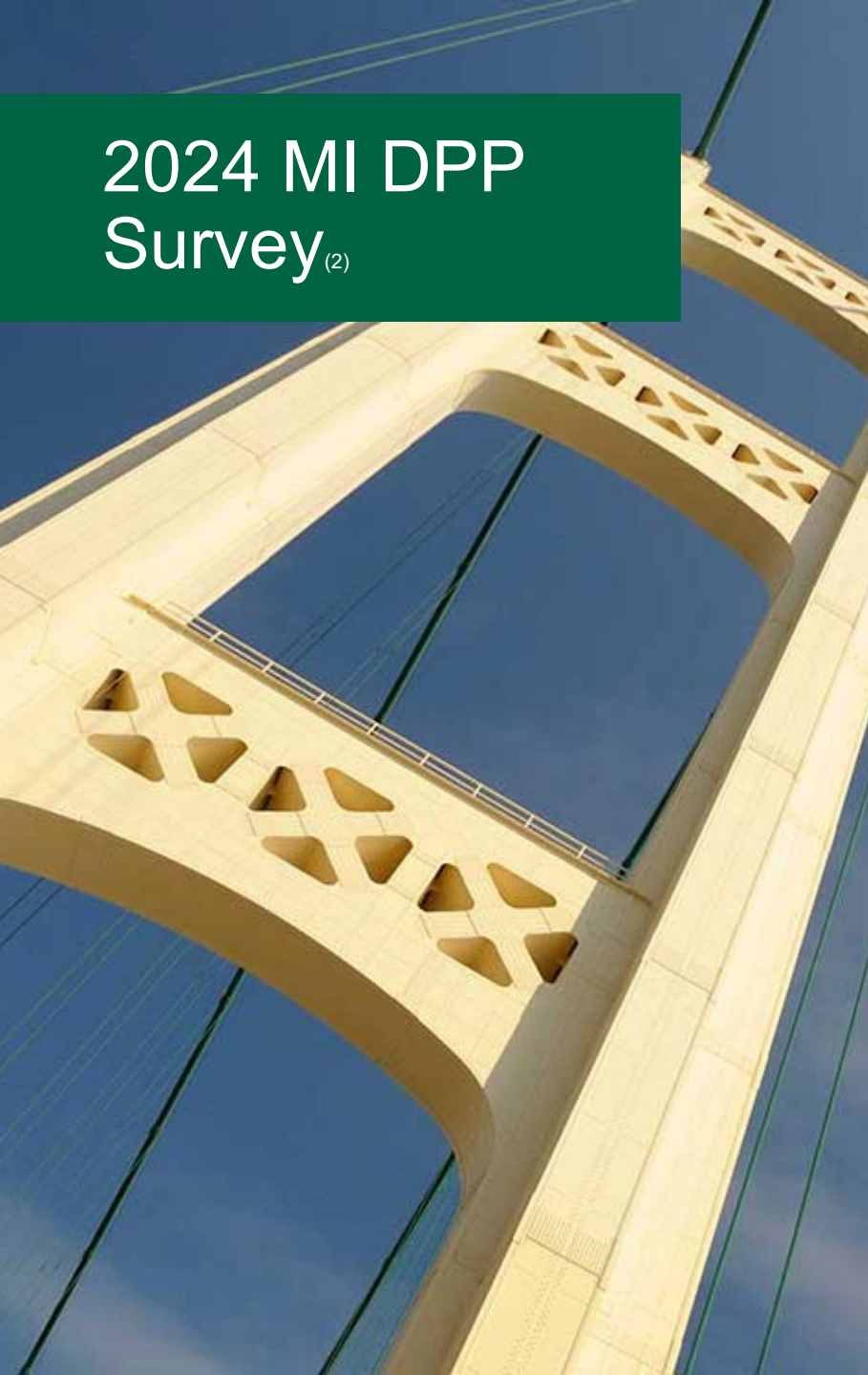


- If you have staff in mind or want to learn more, reach out to Adrienne at [DavenportA1@Michigan.gov](mailto:DavenportA1@Michigan.gov)
- Formal recruitment will begin in the next few months
- Thanks to some of you who have already reached out!



## 2024 MI DPP Survey<sup>(1)</sup>

- Tamah distributed results this summer
- Survey results posted on [www.MiDiabetesPrevention.org](http://www.MiDiabetesPrevention.org)
- We want to give space for MI folks to share tech wins, tools they're proud of, and those who said they had strengths in certain areas



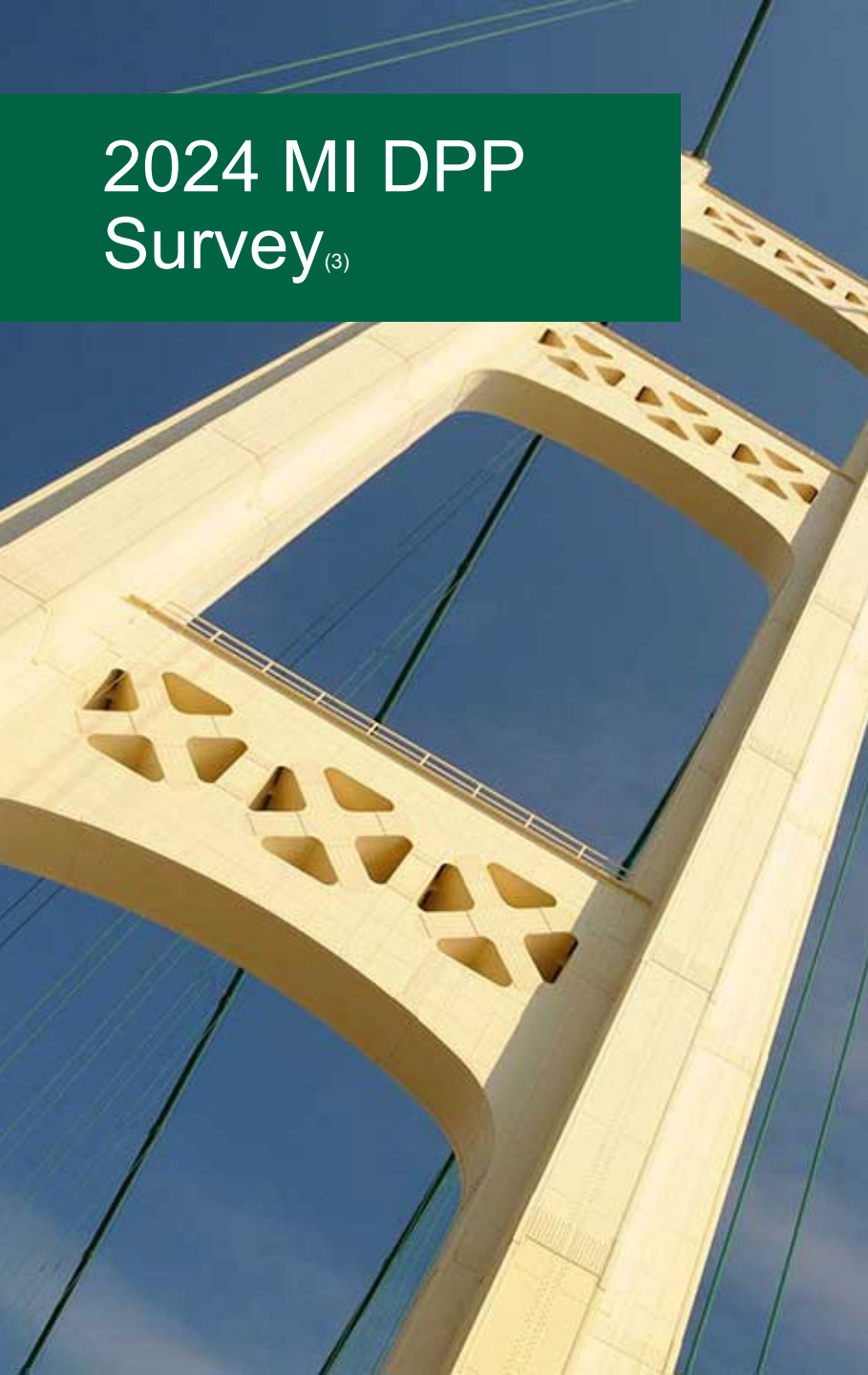
# 2024 MI DPP Survey<sup>(2)</sup>

3 categories emerged as greatest gaps/requests:

1. Statewide communication campaigns
2. Education and training
3. Lifestyle coach tools



# 2024 MI DPP Survey<sup>(3)</sup>



## Strengths

Discussion highlights included:

- Using PowerAutomate for workflows (example: New client fills out form, connected automatically to the right DPP contact via Microsoft Teams)
- Creative incentives
  - Mini cycle bikes
  - Workout portal subscription
  - Meal prep containers
  - Bathroom scales
  - Slow cookers
  - Resistance bands
  - Cutting boards
  - Sheet pans
  - Kitchen scales
  - Cookbooks
  - Water bottles
- Creative delivery
  - Mini cycle bikes under table during DPP sessions
  - Mailing exercise bands
  - Walk With Ease affiliated with DPP; some had success having walking meetings in off weeks when DPP started going every-other-week



## 2024 MI DPP Survey<sup>(4)</sup>

# Optional Showcase of Tech Tools

Discussion included:

- Demonstration of an application that can be downloaded by health care professionals that is a self-contained referral to a participating DPP.
- Collects basic information and sends referral to DPP in email-like format.
- For more information, contact [DavenportA1@Michigan.gov](mailto:DavenportA1@Michigan.gov).

# Open Q&A



# Thank you!

[www.Michigan.gov/Diabetes](http://www.Michigan.gov/Diabetes)

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